

Your Expert in Parental Alienation



Healing Families, Restoring Connections.

Dr. Lynn Steinberg leads a legislative effort in California to mandate education in Parental Alienation for mental health professionals, lawyers, judges, and mediators. This is expected to be duplicated in other states around the country.



Dr. Steinberg accepting the award for Mental Health Advocate of 2024

Dr. Lynn Steinberg

For five decades, Dr. Lynn Steinberg has been a psychotherapist with an emphasis in working with families. She devotes her time to being an expert witness in the courts worldwide and testifies regarding domestic violence, coercive control, sexual abuse, false allegations, and parental alienation. (Parental alienation is when there is a separation between the parents and one parent turns the child or children against the other parent as retribution for leaving the relationship. That parent, the less functional parent, weaponizes the children against the rejected parent.)

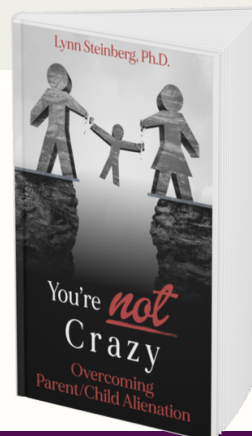
Dr. Steinberg has spoken publicly about this issue, testified in the legislature, and written about it. Her book, "You're Not Crazy: Overcoming Parent/Child Alienation," is for parents and professionals and explains the phenomenon, the laws in different countries, the family law courts, and how an alienated parent can navigate these systems.

She also conducts a Four-Day Reunification therapeutic program. It is similar to what the FBI does for abducted children and their families.

Professional Services

Expert Witness
Writing Court Reports
Consultations
Reunification Therapy
Therapeutic Support

Email: lynnsteinbergphd@gmail.com
Phone: 323-616-6586



Explore *You're Not Crazy*—a book featuring real-life case studies and proven strategies for navigating complex family dynamics.

amazon

Take the first step
Schedule a Consultation Today

lynnsteinberg.com

Reunification Therapy for Alienated Parents and Children



A four-day Intensive Reunification Program with the goal of reunifying children with their Alienated Parent.

This dynamic is unresponsive to traditional family therapy, requiring that the family be ordered by a judge into **Reunification Therapy**, provided by a therapist trained in these dynamics. Dr Lynn Steinberg is an expert in this field.



The Reunification Program

Day 1: Review of family history – reviewing photographs and mementos that depict the positive relationship that existed between the parent and the children preceding the Alienation.

Days 2 & 3: Rebonding with parent.

Day 4: Reuniting with extended family.

Parental Alienation Defined

Parental Alienation is a form of psychological warfare within families, where a child denigrates and rejects one parent, known as the **Alienated Parent**, without valid reasons such as abuse or neglect. This dynamic occurs when the other parent, the **Alienating Parent**, manipulates and brainwashes the child, severing a previously positive relationship.

Examples of Parental Alienation include:

- Limiting the child's contact with the other parent.
- Brainwashing the child to reject the other parent.
- Speaking negatively about the other parent.
- Forcing the child to choose sides or reject one parent.
- Manipulating or bribing the child to damage the relationship with the other parent.

Characteristics of Dynamics

Alienated Children: Children do not want to choose between parents. Even when abused, children often wish to maintain relationships with the parent and extended family. It is only through coercion by the Alienating Parent that a child rejects the Alienated Parent and extended family.

Alienating Parent: Thrives on conflict, causing the other parent to experience burnout, frustration, and exhaustion—emotionally and financially.

Alienated Parent: Often misdiagnosed as pathological due to trauma caused by denied access to their children.

Family Healing: A healthy co-parenting relationship requires court support and cooperation from the Alienating Parent.

Severe Alienation: The protocol includes a 90-day no-contact period between the Alienating Parent and the child, followed by a court review of the Alienating Parent's behavior.

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